

# HARTFORD STREET ZEN CENTER "NEWS"

57 Hartford Street -- Phone: 863-2507 -- Email: [hszc108@yahoo.com](mailto:hszc108@yahoo.com) -- Website: [www.hszc.org](http://www.hszc.org) -- Mar., 2007



## Hatred Cannot Cease By Hatred Excerpts from Rev. Myo Lahey's Dharma Talk 12/30/06

Although we don't try to rearrange things in our lives, that is, we don't try to use practice to rearrange our furniture as though we were redecorating, the Dharma is designed to make a difference. It does make a difference. And then sometimes even though changes are trying to happen, we may actually find it difficult to allow that to proceed especially when what we're encountering is our deeply engrained habit energy, sometimes called karma. It can be even more touchy when our respective karmic patterns kind of intersect and some of the shared momentum starts to express itself in not just one person, but two, three, four, hundreds, thousands of people. This is pretty hard to resist. Still, it's possible when we are intimate with the eye of practice.

Casting this eye of practice on all phenomena and things makes a difference. Because without this difference we really are wasting our time. There would really be no point in subjecting ourselves to various discomforts and inconveniences, ascetic practices like sitting still in the cold and so on. It would be quite foolish. And of course by the calculus of the world, it is foolish. This I think is a problem for a lot of people, maybe especially for newer students or for people who are not quite so experienced with Dharma and are still a little bit looking at it from the outside, or think they are. Some of you may know this verse [he quotes in Pali; diacritical marks not included below]:

NA HI VERENA VERANI  
SAMANTIDHA KUDACANAM  
AVERENA CA SAMANTI  
ESA DHAMMO SANANTANO

These are purportedly the words of Shakyamuni Buddha and among his many teachings, there are some that just stand out as being so straightforward and by and large, lacking the quality of certain so-called revealed religions, which are presented with a feeling of, "You'd better believe this or you're in big trouble." Buddha doesn't seem to talk that way. I'm not trying to bad mouth other faiths; I'm just saying that sometimes the parental posture is heavily emphasized, probably as a result of this karmic momentum that I'm talking about.

But anyway, some of you may have heard this verse, which is again presented by Shakyamuni Buddha as something that you can just see for yourself. Like every teaching he ever gave, this is simply available for your investigation and experimentation. And if you don't like it, throw it out. For those of you who don't know Pali, the verse is: Enmity or hatred cannot cease by enmity, only by non enmity, the absence of enmity. This is an eternal truth.

I have to confess that this putting Mr. Hussein to death just turned my stomach. I don't care what he did. That's not quite true; I do care what he did, but it's almost beyond belief that

there are still people in this world who think that official murder will fix something. FOOLS! It just makes things worse. Buddha said so, and all you have to do is look around and see that it's true.

Even in the sphere of politics or international relations, families and economics, you name it, just look! Without putting an end to hatred and aggression, that cycle will never stop. When I say that practice is to make some difference, this is what I mean. If it can't have an effect on us on that level and in those spheres, it's useless.

So then, we have the spectacle I've mentioned before, of national leaders insulting one another and then saying how pleased they were that they did that. This is the model being presented to us.

So we have this rather sorry world in our laps and we have to do something about it. And, of course, behind Buddha's extremely clear, simple teaching about the end of hatred, there's a lot going on. Most of the teachings of the world faiths are like that, in that they tend to be rather succinct. The words of the various founding sages and so forth are fairly succinct, but they leave a lot to us to work out for ourselves. And how you go about meeting hatred with its absence is a lifetime's undertaking. (Note: This is Part 1 of a 2-part series.)

## **Hartford Street 25th Anniversary Events**

\* Buddhism and Recovery - March 31st, 1:00-5:30pm  
with facilitators, Jeffrey Schneider and Laura Burges

In this afternoon retreat, we (participants) will experience how the teachings of Buddhism and our work with the twelve steps can support recovery. Buddhist practice is itself recovery: recovery from habitual patterns that cause suffering to ourselves and others. Meditation instruction, and cookies, will be provided and short periods of both sitting and walking meditation. We will have a talk and discussion and close with a 12-step meeting. Newcomers and old-timers, both to practice and recovery, are welcome. Donation of \$25 for the benefit of HSZC. Jeffrey is a Soto Zen priest at the SF Zen Center, where he has practiced since 1978. He has been facilitating workshops, retreats and a weekly group for people in recovery since 2000. Laura lectures and leads retreats at practice centers in Northern California. Her monthly column about Buddhist Practice appears on the SF Zen Center website and is called, "Is That So?"

\* Ed Espe Brown: Liberating Your Hands - April 7th

One of Suzuki Roshi's original students, Ed Brown has been practicing Zen since 1965 and yoga since 1980. His lecture at 10am, titled Liberating Your Hands, explores the wisdom of our hands and the ways that wisdom can blossom in our lives. After lunch, from 1:30-5pm, Ed will continue the discussion about his work which he describes as liberation through handwriting, mindfulness touch, and hands-on healing meditation. He will also do handwriting consultation and touch sessions, and offer his photo cards, books, and Japanese vegetable-cutting knives for sale. For additional information, reference Ed's website: [www.peacefulseasangha.com](http://www.peacefulseasangha.com).



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## Poems of Unsatisfactory Nature

submitted by Jivacandra (Larry Peiperl)

I.

The fish you sold my sister  
Turned out to be water-soluble  
And has disappeared, leaving the water orange  
  
She is not very happy  
About this

II.

My sixteen favorite flavors of ice cream  
Are marble and gravel and Fourier transform  
And lipstick and haystack and donner and blitzen  
And pink starfish and white starfish and British  
cucumber  
And sleepy and dopey and  
Tutti frutti  
  
And when the ice cream man comes by  
Ringin' his bells, I'm licking my chops  
But he never stops  
I wonder why



Is  
this  
our Mary  
O'Toole??



Yes, it is! This is our own Mary O'Toole, who in collaboration with her friend George, were the hit of the Sound of Music Sing-Along at the Castro Theater in November 2006. Mary's costume (the dualistic Maria, a nun and a bride) won 1st place in the Costume Contest and was the delight of the packed crowd at the theater, some of whom were in various costumes themselves!

George did an amazing job sewing the two costumes together such that they did not have to be cut in half, and the makeup was flawless. George himself was dressed as the Baroness. Since 5 people came dressed as the Baroness, they had a Baroness-off. And George won 1st place in that contest. When you see Mary next, mention the costume and have her tell you the wonderful story. What a fun evening!



\* Feline Zen Corner \*  
\* My Cat-astrophe \*  
\* Written By: Allen Balderson \*

**Buckley says:** Recently I was cat bashed by another cat. He was big, young, strong and bad, and that particular morning he was in my backyard at the Hartford Street Zen Center. So what's a Buck like me to do?

Defending my territory against him was hopeless. I was cat clawed, pummeled, pounced upon, bitten, and then thrown down the stairs. All the while I was thinking, "Is this guy a cataphobe?"

Finally, Alex, one of the nice humans I allow to live with me at the Zen Center, came to my rescue and chased the creature away.

In the safety of my house, I immediately had some kibble. Yes, I do have priorities.

Eventually I made it up the second floor stairs and just collapsed in Myo's room where he took care of me. All of my furless friends from zazen decided I just needed to be left alone and do a little self-healing. Of course there was much conversation about if I got worse and taking me to the ... I don't even like the sound of the word ... vet.

Many weeks have passed and I'm feeling fine again -- running all over the place chasing imaginary objects and wondering when my next catnip fix will be. That's probably the only good thing about being hurt -- once you're better, that kitty wacko weed is thrown your way all the time.

My zazen buddies think I look better than ever. I can't tell since cats get confused when they look in mirrors.

I could sit here and think about why I was beaten up and what it all means and if it was catma (that's cat karma). But cats don't ponder. I'll leave that up to my human friends.

## WELCOME --- THANK YOU

Thanks to: John Byrne and David Brothers for their mindful repair work, to Revs. Jeffrey Schneider and Owl Henckel for their Dharma talks, to Rev. Jana Drakka for her calligraphy demonstration, and to Mary O'Toole for Buckley's chic leopard-spotted cat basket. Meow!

**DATES TO REMEMBER:** Mar 2 - Full Moon Ceremony, Mar 3 - One-Day Retreat, Mar 18 - Movie Night showing *Seabiscuit* at 5pm (bring along some snacks to share).

**MYO:** Before too long, migratory birds will begin to contemplate their springtime journeys, sap will begin to rise, and our dear, old Earth will again start to tip her northern regions to the sun. This is simply the way of causes and conditions, of time and season. We study this way, as well, in our practice of zazen, or seated meditation, and we'd love to have you join us.

\* **ZAZEN** Schedule \* \* \* See [www.hszc.org](http://www.hszc.org) \*